

aerobXcs

group exercise

Washington Navy Yard
Fitness Center Bldg. 22



March Schedule

Monday	Tuesday	Wednesday	Thursday
1 Basic Step w/ Tisha Indoor Cycling w/ Allison	2 Boot Camp w/ Tisha Kickbox w/ Allison	3 Basic Step w/ Tisha Indoor Cycling w/ Allison	4 Kickbox w/ Tisha Basic Step w/ Allison
8	9	10	11
NO CLASSES SCHEDULED			
15 Basic Step w/ Tisha Indoor Cycling w/ Allison	16 Boot Camp w/ Tisha Kickbox w/ Allison	17 Basic Step w/ Tisha Indoor Cycling w/ Allison	18 Kickbox w/ Tisha Basic Step w/ Allison
22 Basic Step w/ Tisha Indoor Cycling w/ Allison	23 Boot Camp w/ Tisha Kickbox w/ Allison	24 Basic Step w/ Tisha Indoor Cycling w/ Allison	25 Kickbox w/ Tisha Basic Step w/ Allison
29 Basic Step w/ Tisha Indoor Cycling w/ Allison	30 Boot Camp w/ Tisha Kickbox w/ Allison	31 Basic Step w/ Tisha Indoor Cycling w/ Allison	1 Kickbox w/ Tisha April Basic Step w/ Allison

6:30 - 7:30 a.m. **11:30 - 12:30 p.m.**

Classes in red are at this time

Classes in blue are at this time

No classes Friday, Saturday or Sunday

Basic Step - 45 minute cardiovascular workout choreographed using intensity variations while incorporating basic footwork followed by 15 minutes of Ab work out.

Boot Camp - 60 minute cardiovascular workout focusing on basic calisthenics and athletic movements; focus is strength, speed and balance.

Spinning - 60 minute complete cardio workout using a spin cycle for an intense bike run focusing on leg strength training and overall stamina and endurance.

Kickboxing - Intensive cardiovascular and strength conditioning class that incorporates movements derived from boxing and karate. Focus is on punches and kicks that provide for a vigorous, energetic, heartpumping workout.

Pass Prices*

Contact (202) 433-3160
for price information.

* Free to Active Military

**For registration and class information,
contact (202) 433-3160.**

Passes can be purchased at Bldg. 22, Fitness Center, Washington Navy Yard